

WHAT IS CLAIMED IS:

1. A method for producing fermented milk containing  
an angiotensin converting enzyme inhibitory peptide  
comprising:

5 (A) mixing lactic acid bacteria and a starting  
material containing milk by stirring to prepare a mixed  
material, and

(B-1) fermenting said mixed material under stirring  
so that curd pieces and whey containing an angiotensin  
10 converting enzyme inhibitory peptide are generated,

whereby fermented milk containing said curd pieces  
and said whey containing the angiotensin converting  
enzyme inhibitory peptide is produced.

15 2. A method for producing fermented milk containing  
an angiotensin converting enzyme inhibitory peptide  
comprising:

(A) mixing lactic acid bacteria and a starting  
material containing milk by stirring to prepare a mixed  
20 material,

(B-1) fermenting said mixed material under stirring  
so that curd pieces and whey containing an angiotensin  
converting enzyme inhibitory peptide are generated, and

(B-2) fermenting said mixed material under static  
25 conditions,

whereby fermented milk containing said curd pieces

and said whey containing the angiotensin converting enzyme inhibitory peptide is produced.

3. The method of claim 1 or 2 wherein said milk is selected from the group consisting of cow's milk, goat's milk, sheep's milk, soy bean milk, skim milk, reconstituted milk, powdered milk, condensed milk and mixtures thereof.

4. The method of claim 1 or 2 wherein said fermented milk has a viscosity of not higher than 20 cp.

5. The method of claim 1 or 2 wherein said angiotensin converting enzyme inhibitory peptide is selected from the group consisting of Val-Pro-Pro, Ile-Pro-Pro, and mixtures thereof.

6. The method of claim 1 or 2 wherein said mixed material further contains a yeast.

7. The method of claim 1 or 2 wherein said lactic acid bacteria contained in the mixed material comprises *Lactobacillus helveticus*.

8. The method of claim 7 wherein said *Lactobacillus helveticus* comprises *Lactobacillus helveticus* CM4

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5 9. A method for producing whey containing an  
angiotensin converting enzyme inhibitory peptide  
comprising:

subjecting the fermented milk produced by the method  
of claim 1 or 2 to at least one of centrifugation and  
10 filter pressing to separate and recover whey, is  
provided.

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